

THE NEW STANDARD DESCRIPTION HELPS YOU GET THE MEAT CUTS YOU WANT

This leaflet describes the new names for all the retail cuts of beef, lamb and pork. The new names have been developed as a Code of Practice by organisations involved in bringing you, the Australian consumer, fresh wholesome meat. Easy-to-read charts have been included to show exactly where each cut comes from and to tell you what to ask for when you do your meat shopping.

The adoption of the new Standard by meat retailers calls for a more uniform practice in the preparation of meat cuts and will result in a move towards the use of the same names and descriptions of meat in display notices and advertising about meat, wherever you buy it.

We hope you find this information helpful and we hope you'll try our recipe suggestions. We know you'll enjoy them.

Look for this symbol on the window of meat retailers who support the Australian Standard Cuts scheme.

Produced by a committee of representatives of the Australian Meat and Live-stock Corporation, the Retail Traders' Associations, the Meat and Allied Trades' Federation and the Pig Meat Promotion Committee.



*Try these delicious
family favourites.*



Capsicum Beef Oriental.

500g round or boneless blade steak
3 tablespoons oil
1 large onion, sliced or coarsely chopped
1 green & 1 red capsicum, cut in strips
½ cup celery, thickly sliced
1 cup sliced mushrooms
1 cup beef stock
1 tablespoon soy sauce
2 tablespoons dried sherry
1 tablespoon cornflour

Cut beef into long, thin strips. Heat 2 tablespoons oil in large frying pan or wok and brown meat strips quickly. Remove to a plate as they brown. Add remaining oil and add onion, capsicums and celery. Cook, stirring often, for 5 minutes, add mushrooms and cook for further 5 minutes. Mix liquids with cornflour and stir into vegetables. When thickened, allow sauce to bubble for 2 minutes. Return meat to pan and heat gently without allowing mixture to boil. Serve with hot boiled rice. Serves 4-6.



Dutch Style Pork Chops

4 medium potatoes
4 Granny Smith apples
2 medium onions
2 cups beef stock
½ teaspoon nutmeg
Salt, pepper
6 pork loin chops
6 sausages

Peel potatoes and apples, cut into cubes, chop the onions. Put all into a saucepan with the stock and cook gently until most of the stock is absorbed. Stir in the nutmeg. Sprinkle salt and pepper over the chops, brown on both sides in oil, reduce heat and fry until done. Meanwhile, put the sausages into a saucepan with water to cover, bring to boiling point, remove from pan and drain. Pat dry and then grill or fry until tender. Pile the apple-potato mixture into centre of serving plate, surround with the chops and sausages. Serves 6.



Orange Glazed Lamb Chops

6-8 mid loin chops
Julienne strips of orange rind

Orange Glaze:
1 teaspoon dry mustard
2 tablespoons brown sugar
1 cup orange juice
¼ cup cider vinegar
2 tablespoons honey
1 tablespoon soy sauce
Freshly ground black pepper

Secure "tails" with wooden cocktail picks. Cut thin orange rind into julienne strips, boil for 5 minutes until tender, drain and keep aside. Mix mustard with brown sugar to break up lumps. Add remaining glaze ingredients and stir until sugar is dissolved. Brush some glaze on each side of chops and leave 30 minutes. Cook chops under pre-heated grill, basting often with orange glaze (do not use all the glaze). When cooked, put chops on dish and keep warm. Heat remaining glaze and thicken with cornflour paste. Add orange rind, boil glaze for 1 minute and pour over chops. Serves 4-6.



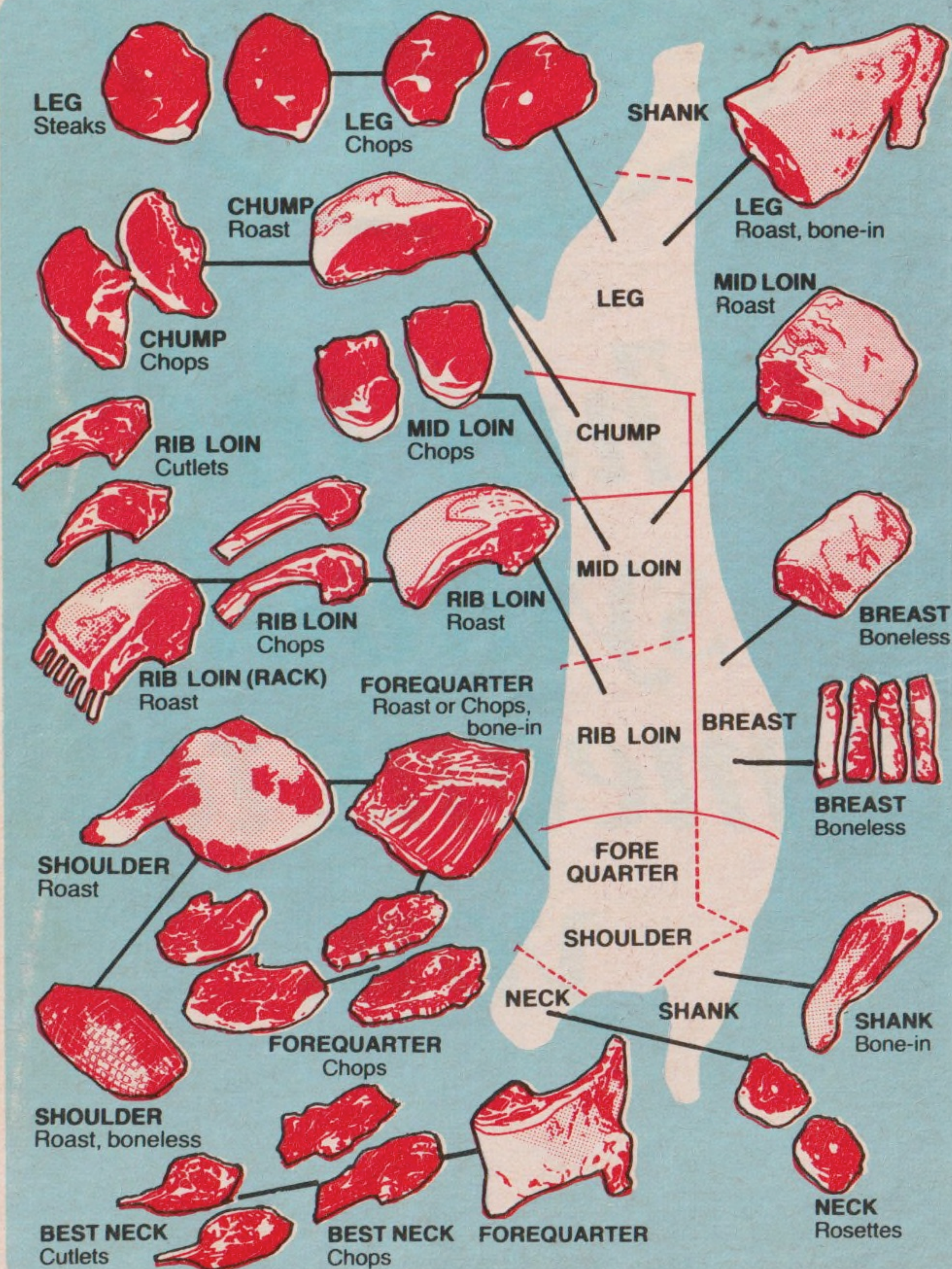
*What this
symbol
means to
you.*



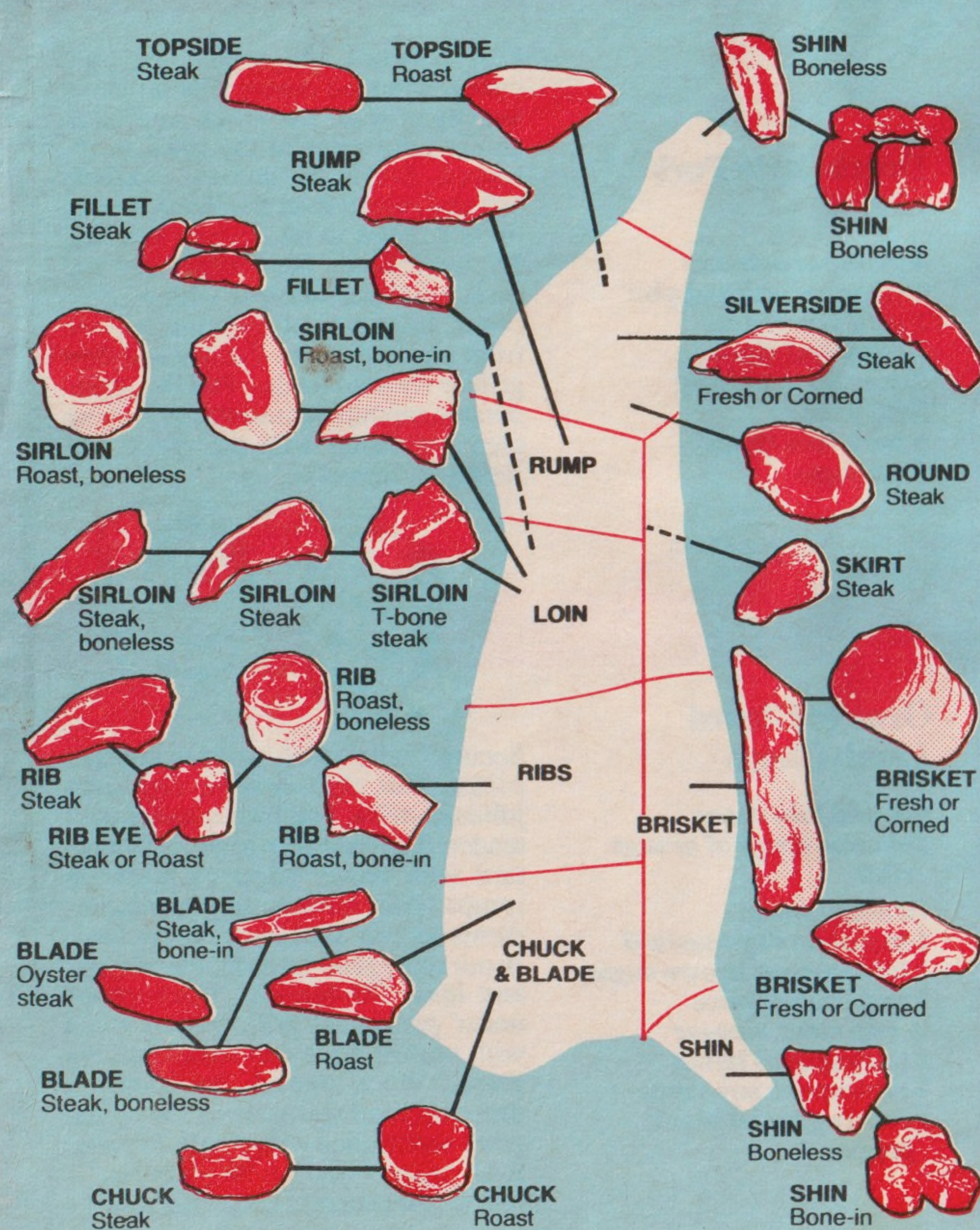
Here's your easy reference to the standard cuts of beef, lamb and pork.



LAMB



BEEF



PORK

